

# City of Loma Linda Community Garden News

March 2004

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

## Upcoming Events

### March 18th

- Part two of the heart disease prevention series: of Fiber and Exercise

### March 23rd

- Vegetable Gardening in Containers, at the Loma Linda Senior Center

### March 30th

- The Role of Nutrition and Exercise in Managing Diabetes, at the Loma Linda Senior Center

Garden hours  
are dawn 'til  
dusk



## *Do you know what you can do to prevent heart disease?*

On Tuesday February 24th part one of a three part series called the "Role of Nutrition in Heart Disease" was held in the Community Room. Loma Linda Public Health Master's students coordinated the event with the evening's focus on cholesterol in the diet.



*Public Health students Margaret Carneiro (Left) and presenter Cristina Ramones (right) pass out the chili.*

Public Health student Cristina Ramones gave an informative presentation on the facts about cholesterol. Did you know...that your body makes cholesterol from saturated fat which can be found in foods without cholesterol such as some brands of bran muffins? Cristina also suggested growing and eating fruits and vegetables, because they are high in sterols. Onions are very high in this type of "cholesterol."

Researchers are discovering that sterols may prevent the absorption of the type of "bad" cholesterol found in animal products!

Public Health student Demera Finnegan presented the food demonstration: Vegetarian Chili with special heart healthy ingredients such as onions, spinach, black beans, and many other fresh vegetables.



*Public Health student Demera Finnegan with healthy heart chili.*

Raffle winner Hilma Willis won her very own stew pot and spoon with all the ingredients to make the chili.



*Raffle winner Hilma Willis with her prize!*

There are only two more workshops left in the series so don't miss the fun! The next workshop will be March 18th.

**To garden is to open your heart to the sky.**

~Michael P. Garofalo



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EDITOR-IN-CHIEF: Joanne Heilman

MANAGING EDITOR, LAYOUT AND  
DESIGN: Demera Finnegan

Ideas and submissions  
are welcome. Contact  
Demera Finnegan at:  
dfinnegan@lomalinda-ca.gov  
Or Joanne Heilman at:  
jheilman@lomalinda-ca.gov  
(909) 799-2810

www.lomalinda-ca.gov



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## Getting Ready for Spring Gardening\*

The remnants of winter are slowly fading and all are anticipating the spring and an abundance of fresh produce. The following tips on the produce that thrives in the Loma Linda Community Garden will help you to prepare for spring gardening:

- This is the last month to transplant artichokes, asparagus, broccoli, brussels sprouts, cabbage, cauliflower, kale, and rhubarb; also strawberry, blackberry, and raspberry roots so they'll bear fruit well this year.
- For an attractive array of lettuce flavors, textures, and colors, choose varieties from as many as you can find--dark greens, light greens, reds, bronzes; butterhead, looseleaf, romaine, and crisphead. Don't bother with "iceberg" type crispheads because they don't have time to develop heads before summer heat arrives, when they'll go to seed. Replant the others every three weeks for continuous harvests of young, sweet succulent leaves and heads. Choose varieties that are heat-resistant, bolt-resistant, and less likely to turn bitter when they mature during hot weather.
- Soaking seeds prior to planting--or planting seeds in soil that is too wet, may do more harm than good. When seeds take up water too quickly, their outer coverings cracks. This allows nutrients to leak out, and disease organisms to enter. Beans are especially prone to this problem.

*\*Adapted from the University of California Cooperative Extension gardening tips for Los Angeles County*

## Goodbyes are always bittersweet...

Time flies when you're having fun! It's been a little over a year and I've really enjoyed working for the City as a student intern. I have learned so much during my time here, and now I am eagerly anticipating graduating from LLU with a master's degree in public health. I'd like to say that I learned more from my classes, but the truth is that my experience at the city was invaluable. I will miss seeing you all at the garden and at the workshops. I wish you all the best.

Happy planting!  
Paige Parker

## Vegetarian Chili (serves 6-8)



- 1 can of corn
- 2 (800ml) cans of diced tomatoes
- 2 (500ml) cans of black beans (drained)
- 4 stalks of celery (chopped)
- 3 Tbsp ground cumin
- 1 Tbsp ground mustard
- 1 Tbsp Curry Powder
- 1 Tsp Cayenne pepper
- 1 Tbsp salt
- 1/4 c olive oil
- 1 big piece of ginger root (peeled and finely chopped)
- 1 big onion (chopped)
- 5 cloves of garlic (chopped)
- 1/2 bunch cilantro
- 1 bunch spinach

1. In a large pot, heat corn, tomatoes, beans, and celery. Heat until it starts to bubble, reduce to medium heat. Add cumin, mustard, curry, cayenne, and salt. Stir frequently in order to keep the thicker part from settling on the bottom of the pot and burning.
2. In a small pot, heat olive oil (should cover bottom of pan). Add chopped ginger, onions, and garlic to the hot olive oil and sauté until mix starts to brown. Add mix to the main pot.
3. Wash cilantro and chop thoroughly. Wash spinach and chop, add both to the mix. Cook for an additional 30 minutes; ideally, let it cook over low heat for an additional hour or two, to let the flavors blend. Serve it over rice, with garlic bread, or both.

Nutrition Information: Kcal: 412 Protein: 22 Carbohydrate: 55  
Fat: 16 **Sat Fat: 2 Cholesterol: 0**